

Abstract

Title: Training analysis for the 400m runner

Objektives: To describe and evaluate the evolution of the athlete performance and to analyze trainings in the three – years period.

Methods of work: Methods used in the thesis observation, deduction and description.

Results: Characteristics of 400m runners activity for each age – category separately, processed tables and graphs of results, preparation period analysis and evaluation of the performance during the three years membership of Center of Sports Ministry of Internal affairs.

Keywords: performance, sports training, athletics, 400m run, sprinter, cycle